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# INControl *Diabetes*

## DIABETES PREVENTION AND CONTROL PROGRAM MISSION:

TO REDUCE THE BURDEN OF DIABETES IN INDIANA THROUGH DATA SURVEILLANCE, HEALTH COMMUNICATIONS, HEALTHY SYSTEMS DEVELOPMENT, AND DEVELOPMENT AND IMPLEMENTATION OF COMMUNITY INTERVENTIONS AND PROGRAMS.

## Physical Inactivity — *“Diabetes & Obesity”*

**“At least 60% of the world's population fails to complete the recommended amount of physical activity required to induce health benefits.”** *(World Health Organization)*

Physical inactivity has a profound impact on our country's health.

Noncommunicable diseases associated with physical inactivity are among the greatest public health concerns in the United States and Indiana. Effective public health measures are urgently needed to improve physical activity in our communities.

The **Centers for Disease Control and Prevention (CDC)** has recently emphasized America's struggle with inactivity by releasing two new articles—*“County Level Estimates for Leisure-Time Physical Inactivity”* and *“Physical Activity in U.S. Older Adults with Diabetes Mellitus: Prevalence and Correlates In Meeting Physical Activity Recommendations.”*



[Continued on page 6](#)

## NDEP 2011 Outreach and Promotion Plan

**NDEP has a great new Outreach Schedule & Promotional Tools for Spring & Summer 2011.**

*Develop a relationship with your local media and get involved—  
Inform & Educate your community!*

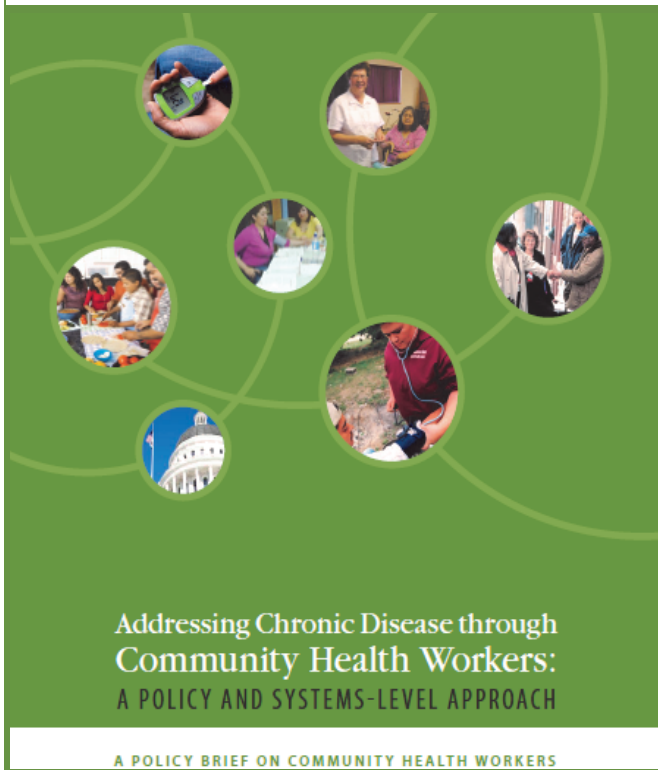
**Press releases, media advisories, PSA's available.**

<http://www.ndep.nih.gov/resources/ResourceDetail.aspx?ResId=308>



Indiana State  
Department of Health

## New CDC Publication on use of Community Health Workers



The Division for Heart Disease and Stroke Prevention at the Centers for Disease Control and Prevention is pleased to release two important documents, a policy brief,

### Addressing Chronic Disease through Community Health Workers: A Policy and Systems-Level Approach

Available at: [http://www.cdc.gov/dhdsp/docs/CHW\\_brief.pdf](http://www.cdc.gov/dhdsp/docs/CHW_brief.pdf)

and a one-page Science-in-Brief synopsis of the policy brief.

### Community Health Workers: Part of the Solution

Available at:

[http://www.cdc.gov/DHDSP/pubs/docs/Science\\_in\\_Brief\\_CHW.pdf](http://www.cdc.gov/DHDSP/pubs/docs/Science_in_Brief_CHW.pdf)

### Highlights

- Discover how chronic disease programs are engaging CHWs.
- Find out about real-world examples of state legislation designed to build capacity for an integrated and sustainable CHW workforce.
- Learn about the recommendations for comprehensive policies that build capacity for an integrated and sustainable CHW workforce.
- Learn about resources that will assist state health departments and others in working with CHWs for prevention and management of chronic disease.

## Are you at risk for developing Type2 Diabetes?

*The YMCA's Diabetes Prevention Program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.*



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

YMCA Diabetes Prevention Program

## New Classes Starting

### Fort Wayne

Monday, April 18, 2011 @ 6pm  
Renaissance Pointe YMCA  
Tuesday, April 19, 2011 @ 12:15pm  
Parkview Hospital—Main  
Wednesday, April 20, 2011 @ 6pm  
Parkview Women's Health Center  
**Call Melissa @ 260-918-2148  
for more information**

### Indianapolis

Tuesday, April 12, 2011 @ 6:30 pm  
Witham YMCA  
Monday, April 18, 2011 @ 7:10 pm  
Pike YMCA  
Saturday, April 23, 2011 @ 12:30 pm  
Fishers YMCA  
**Call Cyndi @ 317-713-8523  
for more information**

### Bloomington

Tuesday, April 19, 2011 Time TBD  
Monroe County YMCA  
**Call Susan @ 812-332-5555  
for more information**

May 8—11, 2011 is Woman's Health Week



National Diabetes  
Education Program

*Visit the NDEP Website for the women in your life!*

It's Never Too Early...  
To Prevent Diabetes  
A Lifetime of Small Steps  
for a Healthy Family



Diabetes  
runs in my family.



Find out  
how to  
prevent it.



National Diabetes  
Education Program

DIABETES SCREENING:  
Medicare Benefits for Better Health

“Could I have  
diabetes and  
not know it?”



Ask your doctor if you should  
get a free diabetes screening  
test, covered by Medicare

Medicare covers free diabetes  
screening tests for people at  
risk for diabetes

- ☒ Annually
- ☒ No Co-pay
- ☒ No Deductible

NCOA  
NATIONAL COUNCIL  
ON AGING

[www.ncoa.org/connectthedots](http://www.ncoa.org/connectthedots)

A National Drive to  
Find the Undiagnosed  
**MedicareDiabetes**  
Screening Project

[www.screenfordiabetes.org](http://www.screenfordiabetes.org)

“Diabetes Screening: Medicare Benefits for  
Better Health” is a joint program of NCOA  
and MDSP, made possible by support from  
Novo Nordisk.







**TrialNet  
Type 1  
Diabetes  
Research  
Studies  
at  
IU Health  
and  
Riley Hospital  
for Children**

## What is TrialNet?

TrialNet is a network of 18 clinical centers and is dedicated to the study, prevention, and early treatment of type 1 diabetes. TrialNet currently has 3 types of voluntary research studies:

### Natural History Studies—

dedicated to learning more about risk factors associated with the development of type 1 diabetes.  
*Open and accepting new participants.*

### Type 1 Diabetes Prevention Studies—

to test therapies that may delay or prevent the onset of type 1 diabetes.  
*Open and accepting new participants.*

### Type 1 Diabetes Intervention Studies—

to test therapies that may preserve insulin secretion in people recently diagnosed with type 1 diabetes.

Our **Natural History Study** is currently open and accepting new individuals. The goal of this study is to learn more about how type 1 diabetes develops in “at-risk” individuals. Close relatives of people with type 1 diabetes are being screened, in hopes of identifying people at risk for developing type 1 diabetes.

**Participants accepted into study must be:**

- 1 to 45 years of age and have a brother, sister, child or parent with type 1 diabetes  
OR
- 1 to 20 years of age and have a cousin, aunt, uncle, niece, nephew, half-sibling, or grandparent with type 1 diabetes

**How can you help?** If you meet the above criteria, you will be eligible for screening and may participate in the study. To do the screening, a small sample of blood is drawn to see if you have autoantibodies associated with a risk of developing diabetes. The presence of some autoantibodies indicates you may be at risk for developing type 1 diabetes.

**All screenings are at no cost to those participating.**

For more information about any of our research studies, call us toll free at 1-866-230-8486, our local number 317-948-8879, or visit the TrialNet web site at [www.diabetestrialnet.org](http://www.diabetestrialnet.org)

**We appreciate your support in our efforts to learn more about Type 1 Diabetes and to find a cure!**



**May is “Employee Health & Fitness Month”**  
**Tools to Guide Employers to assist Employees to**  
**LIVE**  
**Healthier Lives with Diabetes**



**Winning at Work Program**



**diabetesatwork.org**

*Taking on diabetes. Together, we are making a difference.*



**Indiana Hospital Association**



## PROJECT ICE

Integrated Care through Education

Seeking to empower care providers through education to support healthy living in person with chronic mental illness and/or intellectual disabilities and diabetes

Diabetes prevalence among people with severe mental illness and intellectual disabilities is estimated to be 2-3 times higher than in the general population.

### Project ICE Services:

1. Cross-training for care givers on fundamentals of intellectual disabilities, mental illness, diabetes, nutrition, exercise, and medication management.
2. Listserv for professional development on behavioral health integration.

### Target Audience:

Anyone who is providing care to someone with these conditions such as mental health professionals, case managers, nurses, diabetes educators, and family members.

### Free Online Trainings:

1. "Understanding Diabetes, Serious Mental Illness, and Intellectual Disability" (4 CEU)
2. "Improving Medication Adherence in Individuals Facing Intellectual Disability and/or Serious Mental Illness" (2 CEU)
3. "Increasing Physical Activity to Reduce Diabetes Risks in Individuals with Intellectual Disability and/or Serious Mental Illness" (2CEU)
4. "Nutrition for Diabetes Management and Prevention in People with Intellectual Disability and/or Serious Mental Illness" (2 CEU)

Access here: [www.indianaprojectice.org](http://www.indianaprojectice.org)

(Indiana Behavioral Health and Human Services Licensing Board CEU's available for minimal fee)



# Diabetes & Tobacco Health Care Provider Toolkit

This project is a collaborative effort of the  
Indiana Diabetes Prevention and Control Program  
& the Indiana Tobacco Prevention & Cessation.

Guidelines, resources, and referral information for Indiana health care professionals are included to help treat tobacco use and dependence in patients who are diagnosed with or considered at high-risk for developing diabetes in the future.

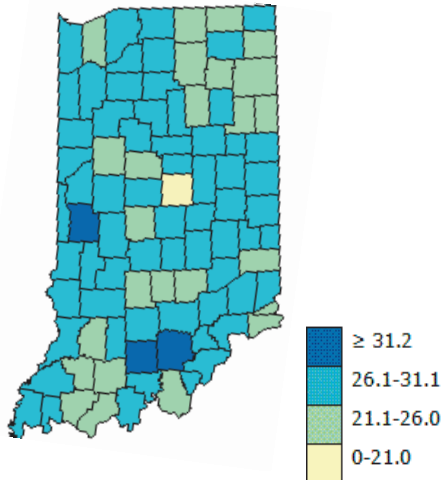
TO DOWNLOAD THE  
COMPLETE TOOLKIT:  
[www.diabetes.in.gov](http://www.diabetes.in.gov)



Help your patients **QUIT NOW**  
[www.indianatobaccoquitline.net](http://www.indianatobaccoquitline.net)

## Physical Inactivity — “*Diabetes & Obesity*” (cont. from pg. 1)

2008 Age-Adjusted Estimates of the Percentage of Adults† Who Are Physically Inactive in Indiana



Footnotes - † ≥ 20 years old. See glossary for definition of indicator.

These two new reports can assist in effective chronic disease management, prevention efforts, and developing health policy.

[“County Level Estimates for Leisure-Time Physical Inactivity”](#) provides data to enable even more focus in directing resources. The map provides a look at physical inactivity in Indiana.

[“Physical Activity in U.S. Older Adults with Diabetes Mellitus: Prevalence and Correlates In Meeting Physical Activity Recommendations.”](#) gives more insight on a growing population of aging adults facing a lifetime with diabetes. This article notes the benefits of physical activity in disease management while emphasizing the challenge it presents to a specific population. The conclusion stresses the need for expanding efforts to boost physical activity participation in older adults with diabetes.

The Indiana Diabetes Prevention and Control Program and the Indiana Association of Area Agencies on Aging (IAAAA) Education Institute is pleased to offer the **EnhanceFitness** program. This program is dedicated to providing older adults with affordable and appropriate exercise and wellness programs.

The Indiana Diabetes Prevention and Control Program was recently commended for their involvement in implementing the **EnhanceFitness** program in Indiana. This program was developed by Senior Services out of Seattle, WA and has been proven effective with older adults at all fitness levels.



This accomplishment would not be possible without the locations and instruction provided by the Indiana Association of Area Agencies on Aging (IAAAA) Education Institute. Their hands-on involvement continues to make it possible for older Hoosiers to become more active, energized, and empowered to sustain independent lives.

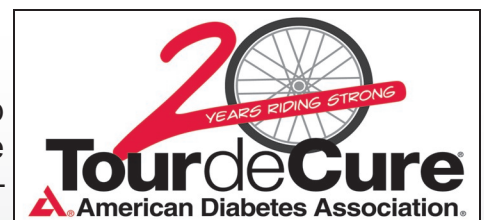
Learn more about the **EnhanceFitness** programs available in your area at [www.in.gov/isdh/24810.htm](http://www.in.gov/isdh/24810.htm)

### TAKE THE RIDE OF YOUR LIFE

(written by: Joy Mahoney, American Diabetes Association)

Ride your bike on the Indianapolis Motor Speedway and help Stop Diabetes<sup>SM</sup> in Indiana! Join the American Diabetes Association at the 20<sup>th</sup> annual Indiana Tour de Cure on Saturday, June 11, at the world-famous track.

The Indiana Tour de Cure is a cycling event that raises funds to fight diabetes. Tour de Cure is a ride, not a race – perfect for riders of any age or ability level. Choose from four fun routes: a Family Recreational Track Ride, 50K and 75K Road Rides, or a 100-mile Track Challenge. After you ride, stick around for our kid-friendly health and wellness festival, complete with lunch in an IndyCar garage, live music, fun family activities and more.



Your ride supports the American Diabetes Association's research, education and advocacy work in Indiana.

Register today at [www.diabetes.org/indytour](http://www.diabetes.org/indytour)  
or call 317-352-9226, ext. 6735.



## Upcoming News & Announcements

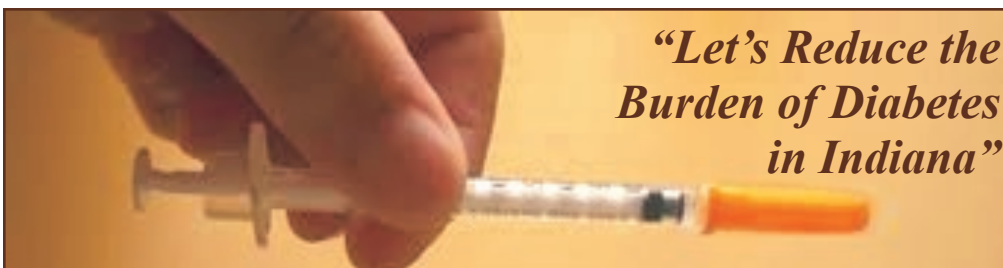
### NEWSLETTER CONTRIBUTIONS

The Diabetes Prevention and Control Program (DPCP) will be publishing newsletters on a quarterly basis during 2011. The intent of the newsletter is to network diabetes health care professionals around the state of Indiana, make readers aware of current programs and opportunities throughout the state, and to provide you with the most current data and information on diabetes.

If you have any suggestions, articles, current events or topics in your area, that you would like to be a part of the next newsletter, please call Gail Wright at 317.233.7755. The deadlines are as follows for 2011:

**3rd Quarter Deadline  
Submission:** July 22

**4th Quarter Deadline  
Submission:** October 21



***“Let’s Reduce the  
Burden of Diabetes  
in Indiana”***

Diabetes in Indiana has emerged as one of the most prevalent and costly diseases affecting our State. To help combat this preventable epidemic, the **Indiana Diabetes Advisory Council** strives to develop, implement, and evaluate a comprehensive **State Plan**.

The Diabetes Advisory Council is currently involved in developing the **2015-2020 State Plan**. The four committees—*Education & Health Services, Primary Prevention, Advocacy & Partnership, and Data, Surveillance, & Evaluation*—are establishing objectives and strategies to meet their goals. Each goal is focused on **“Reducing the burden of diabetes in Indiana”**

Are you interested in learning more about the  
**Indiana Diabetes Advisory Council ?**

For more information :

<http://www.in.gov/isdh/19709.htm>

or call 317-233-7755

### SAVE the DATE!

*Friday, November 18, 2011*

### Kentucky Statewide Diabetes Symposium

Application will be made for CEUs  
for Nurses, Dietitians, Pharmacists, and other Healthcare  
Professionals, as well as hours for CDE

**Location:** Lexington, KY

**Registration forms available in July**

This symposium is being organized by  
**Kentucky Local Networking Groups of the  
American Association of Diabetes Educators (AADE)**

Diabetes Educators of the Cincinnati Area (DECA)  
Greater Louisville Assn. of Diabetes Educators (GLADE)  
Kentucky Assn. of Diabetes Educators (KADE)  
Tri-State Assn. of Diabetes Educators (TRADE)

**Kentucky Diabetes Network**

**Kentucky Diabetes Prevention & Control Program**

For additional information regarding this program, please contact:  
Julie Shapero RD, LD (859) 363-2116 ([julie.shapero@nkyhealth.org](mailto:julie.shapero@nkyhealth.org))

Or

Janice Haile RN, CDE (270) 686-7747 Ext. 3031 ([janice.haile@ky.gov](mailto:janice.haile@ky.gov))



### SPECIAL CIRCUMSTANCES IN DIABETES

#### 27<sup>TH</sup> ANNUAL TRADE WORKSHOP

Applied to Meet Certified Diabetes Educator  
Requirements for Recertification

**May 20, 2011  
8:30 AM – 4:45 PM**

**St. Mary's Medical Center  
Manor Building  
(Evansville, IN)**

The Kentucky Diabetes Prevention & Control Program,  
in partnership with TRADE, recognizes this program  
as a professional diabetes update.



# TRADE

Tri-State Association of Diabetes Educators  
A Local Networking Group (LNG) of the  
American Association of Diabetes Educators (AADE)



## ***DIABETES CAMP CHANGES KIDS' LIVES***

(written by: Joy Mahoney, American Diabetes Association)

Children with diabetes can enjoy a week of summer camp this year with a special twist: At Camp John Warvel, they'll get 24/7 medical supervision and life-changing diabetes education mingled with classic camp fun.

Camp John Warvel is a week-long, residential summer camp in Indiana hosted by the American

Diabetes Association each year for children with diabetes, ages 7 to 15. Set for June 5 to 11 this year, Camp John Warvel takes place at YMCA Camp Crosley in North Webster, Indiana.

What's so special about Camp John Warvel? At camp, children develop independence and acquire new skills for managing diabetes in a unique learning atmosphere. They learn to count carbs at meals, measure blood glucose levels during physical activity and operate diabetes management tools on their own.

Many kids with diabetes come to camp feeling isolated because of their disease. Through education, encouragement and example, these same kids leave with newfound confidence, friendships, and positive attitudes about diabetes management that will help them live healthy, productive lives with chronic disease.

Do you know a child who would love a week at Camp John Warvel? Spaces are limited, so apply today at [www.diabetes.org/camp](http://www.diabetes.org/camp). To learn more, or to find out how you can help sponsor a child at camp, call 317-352-9226, ext. 6732.



## **MAY is HEALTHY VISION MONTH**

### **Diabetic Eye Disease**

Diabetic eye disease has no warning signs. Finding and treating the disease early, before it causes vision loss or blindness, is the best way to control diabetic eye disease. If you have diabetes, make sure you get a

dilated eye examination at least once a year.

**For Resources to Promote & Educate Your Community for Healthy Vision Month**

<http://www.nei.nih.gov/hvm/>

<http://www.nei.nih.gov/healthyevestoolkit/>

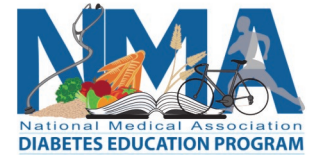
**Schedule an eye exam today.**



# Collaborative Partners\*



**Indiana Central Association  
of Diabetes Educators  
ICADE**



The National Medical Association (NMA) Diabetes Education Program is now on FACEBOOK. This social media tool is another instrument the program uses to inform the public about diabetes and programmatic developments. The NMA Diabetes Education Program is in its fifth year of existence. Through the utilization of the six established NMA coalitions in Atlanta, Houston, Los Angeles, Pine Bluff, the District of Columbia and Indianapolis, the NMA has been able to cover significant ground and share information about diabetes to African Americans/Blacks and the wider community as a result of its collaborative outreach efforts. Since the program's inception five years ago, over 205 outreach activities have been completed.

\* Logos used with permission of organizations.

## Visit our Website for:



- Up-to-date facts and figures
- Current news, events, (*Archived Newsletters*)
- Resources and forms\*

\*Did you know about . . .

the “*Application for Insulin and Township Claim*” for Indiana residents who are in need of insulin and who are financially unable to purchase it.

*To be completed by the physician and local county health officer.*

## Stop Diabetes License Plate



**Show your support for  
the Stop Diabetes  
movement by requesting  
your own “Stop Diabetes”  
license plate in 2011!**

\$25 from each plate benefits the American Diabetes Association. For more information, please contact Joy Mahoney with the ADA at 317.352. 9226, ext. 6722, or [jmahoney@diabetes.org](mailto:jmahoney@diabetes.org)

*If you would like to be added to the email mailing list to receive this quarterly newsletter, please contact: Diabetes Prevention and Control Program,  
Phone: 317.233.7755 or Email: [gawright@isdh.in.gov](mailto:gawright@isdh.in.gov)*

**Indiana State Department of Health  
Diabetes Prevention and Control Program  
Health and Human Services Commission**

**Meenakshi Garg, M.D., M.P.H.**  
Chronic Disease Medical Director

**Laura T. Heinrich, R.D., C.D.**  
Program Director

**Manisha Singhal, M.P.H.**  
Program Coordinator

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Program Epidemiologist

**Gail Wright**  
Communications Specialist

